Wrapping-up 2016
2016 has been a year full of great accomplishments in adolescent health in Switzerland and we are very happy and proud to be in the heart of it!

We would like to take this time to thank all our partners for the precious collaborations that contribute to developing adolescent health in Switzerland.

The GRSA wishes you all a marvelous year 2017! May the good work, enthusiasm, and great collaborations go on.

News
Dr. Christina Akre received the Marie-Heim Vögtlin fund from the Swiss National Science Foundation

UPCOMING EVENTS
Workshop Towards a national child and adolescent health surveillance system - February 8, 2017 – In German and French - Swiss TPH, Basel. The program is accessible here.


First IAAH MENA Region Conference. "Towards Health and Wellbeing for all adolescents by 2030", Cairo, Egypt May 12th-14th, 2017, Information

SAVE THE DATES! Cours international sur les enfants et adolescents atteints d’une maladie chronique: un regard sur la transition. Lausanne/UNIL, 29 aoû 1er septembre 2017. 2ème édition donnée en Français, plus d’informations sur www.lesadoscourses.ch

PUBLISHED ARTICLES


Energy drinks


Study including 621 youths followed for 2 years. Consuming energy drinks at 14 years of age predicted using legal and illegal substances at 16. Health providers should screen young adolescents for energy drink use and closely monitor weekly users.


Talking about mental health problems


Swiss youth seem to have less difficulty in talking with others about mental health problems than previous cohorts. This trend towards increased disclosure may have implications for claims that the prevalence of mental health problems has increased in recent decades.

Burnout among adolescents


Students who perceived higher stress and lower mental toughness scores reported higher burnout symptoms. Although no significant interaction effects were found between stress and mental toughness in the prediction of burnout, the graphical inspection of the interactions indicated that among students with high stress, those with high mental toughness remained below the cutoff for mild burnout, whereas an increase in burnout symptoms was observable among peers with low mental toughness.


Smartphone use & addiction


Smartphone addiction occurred in 256 (16.9%) of the 1,519 students. Longer duration of smartphone use on a typical day, a shorter time period until first smartphone use in the morning, and reporting that social networking was the most personally relevant smartphone function were associated with smartphone addiction.


Schmid FA, Inci I, Bürgi U, Hillinger S, Schneiter D, Opitz I, Huber LC, Isenring BD,


**HPV vaccination**


*This article discusses the burden of disease, efficacy and safety of the vaccines and presents facts which are important for vaccinating these young people. Specifically, aspects of the decisional capacity of adolescents to consent to the vaccination are presented. Finally, the future perspective with a focus on a new vaccine with an enlarged spectrum of HPV-types is discussed.*

**Transition on the parents’ side**


*An easy transfer for parents is associated with feeling ready and considering that the coordination between teams is good. Health providers should consider these requisites for a successful transfer.*